

DeLaSalle Wellness Policy

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' and staff members' health, well-being, and ability to learn by supporting healthy eating habits and physical activity. DeLaSalle is committed to strictly adhering to the National School lunch meal pattern requirements.

II. GENERAL STATEMENT OF POLICY.

- A. DeLaSalle recognizes that nutrition education and physical education are essential components of the educational process, and that good health fosters staff and student attendance and performance.
- B. DeLaSalle recognizes that good nutrition and physical activity are essential for the long-term health of all students. Healthy eating patterns are essential for students to achieve their full academic, physical and mental growth. It is DeLaSalle's responsibility to help and encourage students to be life-long healthy eaters, and to lead a physically active lifestyle.
- C. All students need access to healthy foods and opportunities to be physically active in order to learn, grow and thrive.
- D. The school environment should promote and protect students' health, well-being and the ability to learn by promoting healthy eating and physical activity.
- E. DeLaSalle encourages the involvement of students, parents and staff in implementing, monitoring and reviewing nutrition and physical activity policies.
- F. DeLaSalle will provide nutritional and physical education to foster life-long healthy habits. The school will also establish a link between health education and the school meal program.
- G. The Food Service Department will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the nutritional needs of the students.
- H. DeLaSalle will provide clean, safe and pleasant settings for eating, and an adequate amount of time to dine.

III. GUIDELINES

A. Food and Beverages.

1. Food service personnel shall adhere to all federal, state and local food safety guidelines and strictly adhere to the national school lunch meal pattern.
2. All staff will prevent the overt identification of students who are eligible for free and reduced priced school meals.
3. The school will provide student access to hand washing and hand sanitizer before they eat.

B. Nutritional Education and Promotion

1. DeLaSalle aims to teach, encourage and support healthy eating by providing nutritional education and promotion.
 - i. The school offers a standard base program that provides the students with the knowledge and skills necessary to promote and protect their health.
 - ii. The school includes enjoyable, developmentally appropriate activities for students, which may include games in the gym during their lunch breads to promote physical activity and the relationship between caloric intake and physical activity.
 - iii. The school will periodically provide taste testing in the dining room to promote the knowledge of new or culturally different foods.
2. The Nutrition department will provide parents and students with food facts through its web pages and newsletters, promoting healthy eating habits within our community.
3. DeLaSalle will provide nutrition education and engage in nutritional promotion with staff. This will be done through the use of informational posters and flyers. The purpose of this is to encourage staff to improve their own personal and health wellness, building the commitment of staff to become positive, healthy role models.

C. Physical Education and Physical Activity Promotion

DeLaSalle aims to teach the knowledge, skills, and values that will enable students to lead a healthy lifestyle. The school will develop and implement a comprehensive plan to encourage physical activity that includes:

1. A sequential program of physical activity that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes diverse activities and sports that students enjoy and can pursue throughout their lives; is taught by a

well-prepared and well-supported staff who embed best practice regarding developmentally appropriate curriculum and instruction; and, is coordinated with the health education curriculum.

2. Opportunities and encouragement for all students to voluntarily participate in a diverse selection of competitive after school sports, providing ample opportunities for students to participate in physical activity beyond the school hours.
3. Open gym during the students lunch periods for students to engage in healthy exercise during the school hours. Open gym will be promoted through the school web page, during the lunch show on the lunch room monitor, and by posters/signs posted in the food service line. Participation will be monitored by the PE Department and reviewed yearly, adjusting the promotion as needed.

D. Communications with parents

1. DeLaSalle recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their child's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school will encourage students and parents to pack healthy school lunches with information published on web pages.
4. DeLaSalle will provide information about physical education and other school-based physical activity through its web pages.

IV. IMPLEMENTING AND MONITORING

The DeLaSalle food service director, along with health and physical education staff, will monitor and update this policy annually, ensuring that we are always striving to reach our goals.

DeLaSalle will implement a yearly survey to students and staff regarding the quality of the food served. The Food Service Director will review these surveys and update meals accordingly.